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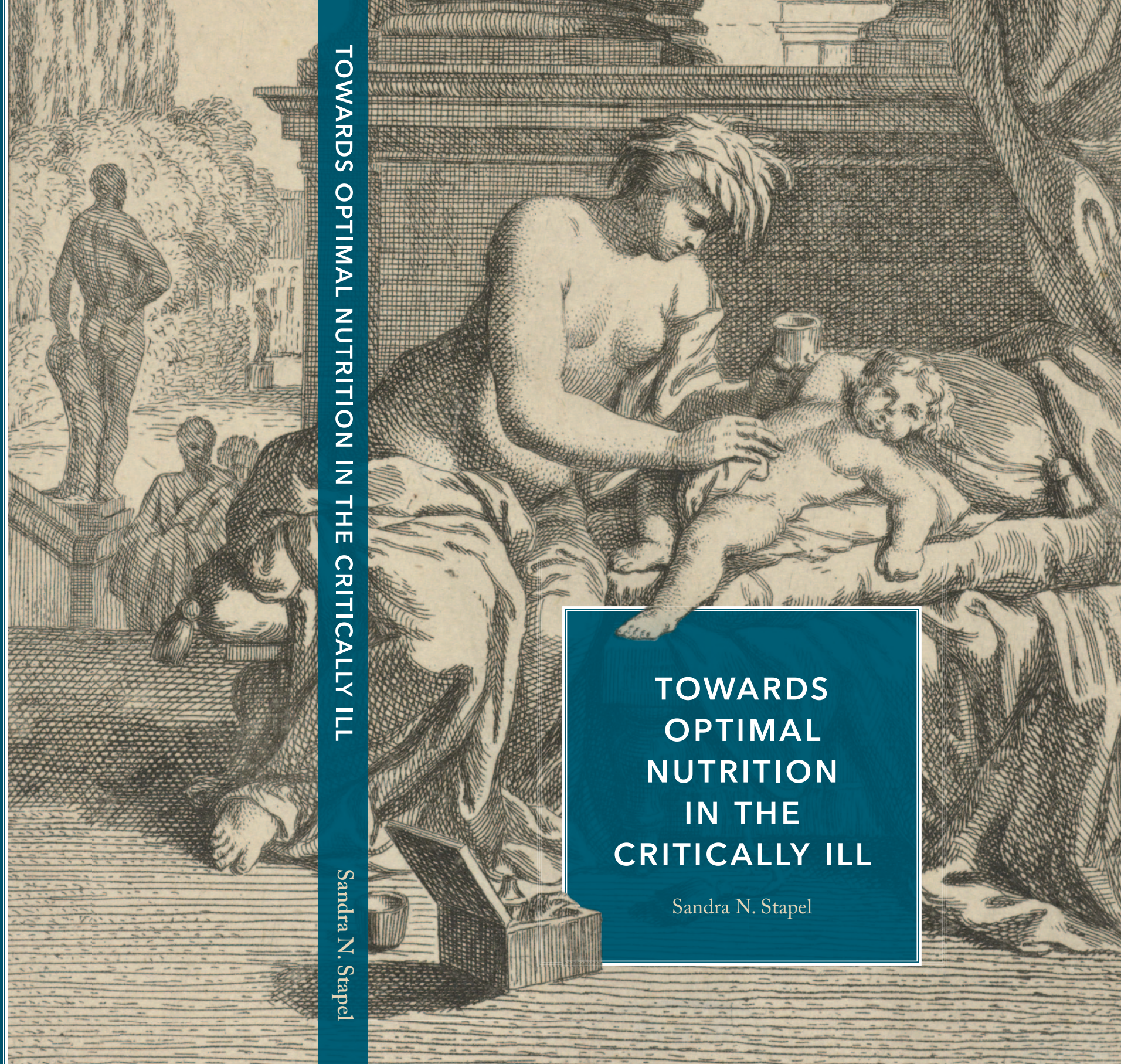
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TOWARDS OPTIMAL NUTRITION IN THE CRITICALLY ILL

Sandra N. Stapel

TOWARDS OPTIMAL NUTRITION IN THE CRITICALLY ILL

Sandra N. Stapel

During critical illness, lean body mass, and especially skeletal muscle mass, declines rapidly due to inflammation induced catabolism, immobility and poor nutritional intake. The principal goals of nutrition therapy in the critically ill are to minimize the loss of lean body mass, to maintain an adequate nutritional status, and to ultimately achieve better outcome. The research described in this thesis was conducted to optimize nutrition in light of these goals.